

## Pool Schedule Summer 2018

May 27 - August 12 (Schedule Subject to Change)

	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
	Adult Only	3 Lanes Available	Closed	Closed	Closed	Swim Lessons AM
	5:30 - 7:00 a.m.	5:30 - 8:00 a.m.	5:30 - 11:00 a.m.	5:30 - 11:00 a.m.	5:30 a.m 1:00 p.m.	8:00 - 10:15 a.m.
>	Hydro Pump 7:00 - 8:00 a.m.	H20 Aerobics 8:00 - 9:00 a.m.	Open Swim 11:00 a.m 8:30 p.m.	Open 11:00 a.m 8:00 p.m.	Open 1:00 - 3:00 p.m.	Adult Swim Lessons 7:15 - 8:00 p.m.
	Closed	Low Impact	11.00 d.m. 0.30 p.m.	Closed	Closed	7.25 0.00 parts
MONDAY	8:00 - 10:15 a.m.	9:15 - 10:15 a.m.		8:00 - 8:30 p.m.	3:00 - 8:30 p.m.	
	Adult Only	2 Lanes Available				
ラ	10:15 - 11:00 a.m. Open Swim	10:15 - 1:00 p.m. Open Swim				
	11:00 a.m 8:30 p.m.	1:00 - 4:00 p.m.				
<del>                                    </del>		2 Lanes Available				
_		4:00 - 6:00 p.m. <b>H20 Aerobics</b>				
		6:00 - 7:00 p.m.				
		1 Lane Available				
	Divon	7:00 - 8:30 p.m.	Zava Davida	Slide	Dana	Swim Progra.m.s
	<u>River</u> Adult Only	<u>Lap Pool</u> 3 Lanes Available	Zero Depth Closed	Closed	Rope Closed	Swim Lessons AM
	5:30 - 7:00 a.m.	5:30 - 8:00 a.m.	5:30 - 11:00 a.m.	5:30 - 11:00 a.m.	5:30 a.m 1:00 p.m.	8:00 - 10:15 a.m.
	Hydro Pump	H20 Aerobics	Open Swim	Open	Open	Swim Lessons PM
	7:00 - 8:00 a.m. Closed	8:00 - 9:00 a.m. Low Impact	11:00 a.m 4:50 p.m. Closed	11:00 a.m 4:50 p.m. Closed	1:00 - 3:00 p.m. Closed	5:00 - 6:45 p.m.
	8:00 - 10:15 a.m.	9:15 - 10:15 a.m.	4:50 - 7:00 p.m.	4:50 - 7:00 p.m.	3:00 - 8:30 p.m.	
<b>│</b> ≻	Hydro Pump	Deep Water	Open Swim	Open	3.22 J.G 2 p	
TUESDAY	10:15 - 10:45 a.m.	9:45 - 10:15 a.m.	7:00 - 8:30 p.m.	7:00 - 8:00 p.m.		
	Open Swim	2 Lanes Available		Closed 8:00 - 8:30 p.m.		
S	11:00 a.m 4:50 p.m. Closed	10:15 a.m 1:00 p.m. Open Swim		6.00 - 6.30 p.m.		
$\parallel$	4:50 - 6:00 p.m.	1:00 - 4:00 p.m.				
ر. ا	Hydro Pump	2 Lanes Available				
-	6:00 - 6:30 p.m.	4:00 - 5:00 p.m.				
	Open Swim 7:00 - 8:30 p.m.	Closed 5:00 - 7:00 p.m.				
	, 5 0.30 p.iii.	Deep Water				
		6:30 - 7:00 p.m.				
		2 Lanes Available				
	River	7:00 - 8:30 p.m. <u>Lap Pool</u>	Zero Depth	Slide	Rope	Swim Programs
	Adult Only	3 Lanes Available	Closed	Closed	Closed	Swim Lessons AM
	5:30 - 7:00 a.m.	5:30 - 8:00 a.m.	5:30 - 11:00 a.m.	5:30 - 11:00 a.m.	5:30 a.m 1:00 p.m.	8:00 - 10:15 a.m.
<b>&gt;</b>	Hydro Pump 7:00 - 8:00 a.m.	H20 Aerobics	Open Swim 11:00 a.m 8:30 p.m.	Open 11:00 a.m 8:00 p.m.	Open 1:00 - 3:00 p.m.	
WEDNESDAY	7:00 - 6:00 a.m. Closed	8:00 - 9:00 a.m. Low Impact	11.00 a.m 6.30 p.m.	Closed	Closed	
	8:00 - 10:15 a.m.	9:15 - 10:15 a.m.		8:00 - 8:30 p.m.	3:00 - 8:30 p.m.	
S	Adult Only	2 Lanes Available				
丨当	10:15 - 11:00 a.m. Open Swim	10:15 - 1:00 p.m. Open Swim				
	11:00 a.m 8:30 p.m.	1:00 - 4:00 p.m.				
	11.00 d.11. 0.30 p.11.	2 Lanes Available				
1 2		4:00 - 6:00 p.m.				
>		H20 Aerobics				
-		6:00 - 7:00 p.m. 2 Lanes Available				
		7:00 - 8:30 p.m.				
	<u>River</u>	<u>Lap Pool</u>	Zero Depth	Slide	Rope	<u>Swim Programs</u>
	Adult Only 5:30 - 7:00 a.m.	3 Lanes Available 5:30 - 8:00 a.m.	Closed 5:30 - 11:00 a.m.	Closed 5:30 a.m 11:00 p.m.	Closed 5:30 a.m 1:00 p.m.	Swim Lessons AM 8:00 - 10:15 a.m.
	Hydro Pump	H20 Aerobics	Open Swim	Open	Open	Swim Lessons PM
	7:00 - 8:00 a.m.	8:00 - 9:00 a.m.	11:00 a.m 4:50 p.m.	11:00 - 4:50 p.m.	1:00 - 3:00 p.m.	5:00 - 6:45 p.m.
	Closed	Low Impact	Closed	Closed	Closed	
	8:00 - 10:15 a.m. Hydro Pump	9:15 - 10:15 a.m. Deep Water	4:50 - 7:00 p.m. Open Swim	4:50 - 7:00 p.m. Open	3:00 - 8:30 p.m.	
RSDAY	10:15 - 10:45 a.m.	9:45 - 10:15 a.m.	7:00 - 8:30 p.m.	7:00 - 8:00 p.m.		
	Open Swim	2 Lanes Available		Closed		
1 87	11:00 a.m 4:50 p.m. Closed	10:15 a.m 1:00 p.m. Open Swim		8:00 - 8:30 p.m.		
	4:50 - 6:00 p.m.	1:00 - 4:00 p.m.				
모	Hydro Pump	Lap Swim				
一亡	6:00 - 6:30 p.m.	4:00 - 5:00 p.m.				
1'	Open Swim 7:00 - 8:30 p.m.	Closed 5:00 - 7:00 p.m.				
	7.00 0.30 p.iii.	Deep Water				
		6:30 - 7:00 p.m.				
		2 Lanes Available				
	<u>River</u>	7:00 - 8:30 p.m. Lap Pool	Zero Depth	<u>Slide</u>	Rope Rope	Swim Programs
	Adult Only	3 Lanes Available	Closed	Closed	Closed	
	5:30 - 7:00 a.m.	5:30 - 8:00 a.m.	5:30 - 9:00 a.m.	5:30 a.m 11:00 a.m.	5:30 a.m 1:00 p.m.	
\ <u>\</u>	Hydro Pump 7:00 - 8:00 a.m.	H20 Aerobics 8:00 - 9:00 a.m.	Open swim 11:00 a.m 6:30p.m.	Open 11:00 a.m 6:00 p.m.	Open 1:00 - 3:00 p.m.	
1	Adult Only	Low Impact	11.00 a.m 0.30p.m.	Closed	Closed	
	8:00 - 11:00 a.m.	9:15 - 10:15 a.m.		6:00 - 6:30 p.m.	3:00 - 6:30 p.m.	
₹	Open Swim	2 Lanes Available				
FRIDAY	11:00 a.m 6:30 p.m.	10:15 a.m 1:00 p.m. Open Swim				
		1:00 - 4:00 p.m.				
		2 Lanes Available				
	River	4:00 - 6:30 p.m. Lap Pool	Zero Depth	<u>Slide</u>	<u>Rope</u>	Swim Programs
	Adult Only	<u>Lap Pool</u> Master Swim Only	<u>Zero Depth</u> Closed	Closed	<u>Rope</u> Closed	Masters Swim
	7:00 - 8:00 a.m.	7:05 - 8:05 a.m.	7:00 a.m 12:00 p.m.	7:00 a.m 12:00 p.m.	7:00 a.m 1:00 p.m.	7:05 - 8:05 a.m.
	Hydro Pump	2 Lanes Available	Open Swim	Open	Open	Swim Lessons
<u> </u>	8:00 - 9:00 a.m. Closed	8:05 - 9:00 a.m. Closed	12:00 - 6:30 p.m.	12:00 - 6:00 p.m. Closed	1:00 - 4:00 p.m. Closed	9:00 a.m 12:00 p.m.
SAT.	Glosed 9:00 a.m 12:00 p.m.	9:00 a.m 12:00 p.m.		6:00 - 6:30 p.m.	Closed 4:00 - 6:30 p.m.	
S	Open Swim	3 Lanes Available			,	
	12:00 - 6:30 p.m.	12:00 - 1:00 p.m.				
		Open Swim 1:00 - 6:30 p.m.				
	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
	Adult Only	2 Lanes Available	Closed	Closed	Closed	
ーラ	8:00 - 10:00 a.m.	8:00 a.m 12:00 p.m.	8:00 - 10:00 a.m.	8:00 - 10:00 a.m.	8:00 a.m 12:00 p.m.	
SUN	Open Swim	Open Swim	Open	Open	Open	
15	10:00 a.m 5:30 p.m.	12:00 p.m 5:30 p.m.	10:00 a.m 5:30 p.m.	10:00 a.m 5:30 p.m.	12:00 - 3:00 p.m. Closed	
0,					3:00 - 5:30 p.m.	
						Updated: 5.11.18

Updated: 5.11.18

## **Swim Lesson Selection Guide**

Which lesson would be appropriate for my child?







Not Yet

6 - 12 years
Levels 1 - 5 & Stroke Clinic

## Which Level Should I Enroll My Child?

## Child Age 6 Months - 3 Years

Is your child comfortable being in and around water?

Is your child comfortable entering and exiting the water?

Child Age 3 - 5 years

Can the student put their face in the water and blow bubbles?

Can the student float on their back for 15 seconds and recover to their front?

Can the student swim independently to the instructor and turn over onto their back?

Can your student swim 15 yards rolling from front to back without assistance?

Child Age 6 - 12 years

Can the student enter and exit the water and swim 5 yards independently with their face in the water?

Can the student swim using combined arm and leg motion and recover to a back float independently?

Can the student swim 15 yards on their front and back with side breathing?

Can the student swim 25 yards front and back crawl and 15 yards breaststroke?

 $Can the student use a dive entry and swim 25 yards front crawl, \ back crawl, breaststroke, and butterfly?$ 

Can the student swim all four competitive strokes effectively?

	Level 1
Not Yet	Parent Child- Level 2
Not Yet	Preschool - Level 1
Not Yet	Preschool -

Parent Child -

Not Yet Level 2

Not Yet Preschool - Level 3

Not Yet Preschool - Level 3+

Not Yet Level 2

Not Yet Level 3

Not Yet Level 4

Not Yet Level 5

Not Yet Stroke Clinic

GROUP SWIM LESSON DATES & REGISTRATION WINDOWS:								
Monday through Thursday sessions								
Session Dates:	Registration Ope	ens at 7:00 a.m. on:	Registration will close at					
Session Bates.	Resident	Non-Resident	12:00p.m. on:					
June 4 - June 14	May 7	May 14	May 25					
June 18 - June 28	June 8	June 11	June 15					
July 9 - July 19	June 22	June 25	July 6					
July 23 - August 2	July 13	July 16	July 20					
Tuesday and Thursday sessions								
Session Dates:	Registration Ope	ens at 7:00 a.m. on:	Registration will close at					
Session Dates.	Resident	Non-Resident	12:00p.m. on:					
June 5 - June 28	May 7	May 14	May 25					
July 10 - August 2	June 22	June 25	July 6					
Saturday Sessions								
Session Dates:	Registration Ope	ns at 7:00 a.m. on:	Registration will close at					
Session Dates.	Resident	Non-Resident	12:00p.m. on:					
June 9 - August 4	May 7	May 14	May 25					

PRIVATE LESSON REGISTRATION:							
Month	Activity#	<b>Registration Opens</b>					
June	6247.101	May 25					
July	6247.201	June 22					
August	6247.301	July 25					

Not Yet

For all swim lesson related questions please call 303-926-2562.